

Nome Class Info Curriculum

By chart

Aiki Jujitsu

Kempo

<u>Karate</u>

<u>Nage</u>

Katame Waza

Brazilian Jujitsu

<u>Ukemi</u>

Miscellaneous

By belt rank

By attack (incomplete)

Japanese glossary

Other documents

Video Zen Budokai Links

Stanford Jujitsu Club

Brazilian Jujitsu Techniques

- Standing
- Clinch
- On back (standing attacker)
- Side headlock
- Guard
- In near guard
- In far/open guard
- Side pin
- Side pinned
- Knee on stomach (top)
- Knee on stomach (bottom)
- Mount
- Mounted
- Rear mount

Standing

(Standing)	Kick clinch
Grabbing	Tomoe nage (to mount)
Grabbing	Sit juji gatame
(Standing)	Double leg to shoulder takedown

Clinch

Leaning forward	Hip throw
Leaning back	Tani otoshi
Leaning away	Soto ouchi gari

On back (standing attacker)

Punch threat	Kick stand up
Closing	Far guard

Side headlock

(Side headlock)	Frame roll back side mount escape juji gatame
(Side headlock)	Long and short choke
Leg back	Leg hook climb (to side mount)
Leg back	Leg hook climb (to back) hammerlock
Head high	Leg over escape (to choke and armbar)
Leaning forward	Bridge (to side pin) side mount
Arm trapped	Turn to knees roll back side mount

Guard

	Counters	
Choke	Leg extension	
Punch	Close space	
Arm under leg	Leg hook	
Arm under leg	Near shoulder pin	
Arm under leg	Grab belt (over back)	
Standing	Foot on hip	
(Guard)	Knees in biceps pin	
Attacks		
(Guard)	Cross lapel choke	
(Guard)	Reach around choke	
(Guard)	Surprise long and short choke	
(Guard)	Foot over head armbar	
(Guard)	Double leg hook roll (to mount)	
Punch	Hammerlock	
Straight choke	Leg over juji gatame	
Straight choke	Push to side kata gatame	
Leaning choke	Leg roll (to mount)	
Half standing	Sweep (to mount)	
Arm under leg	Leg hook sweep (to mount)	
Arm under leg	Spin opposite leg roll (to mount)	
Arm under leg	Triangle choke	
Sitting back	Hip drive (to mount)	
Sitting back	Hip drive hammerlock	

Sitting back	Hip drive guillotine choke
Sitting back	Hip drive leg hammerlock
Cross choke counter	Feet on hips
Cross choke counter	Climb to back
Cross choke counter	Leg over choke
Cross choke counter	Side juji gatame
Standing	Push back mount
Standing	Push back juji gatame
Standing	Push back reach around choke
Standing	Roll (forward) mount
Standing	Foot on arm roll mount

In near guard

Counters		
Cross choke	Swim with elbow	
Triangle choke	Sit back with head up	
Triangle choke	Counter horse choke	
Triangle choke	Step over	
Guillotine choke	Arm behind neck shoulder to neck	
Attacks		
(In guard)	Leg on shoulder pass	
(In guard)	Stand up lift up	
(In guard)	Knee on spine back away	

In far/open guard

Counters	
Juji gatame	Bend spine
Attacks	
(In guard)	Climb over pass
(In guard)	Leg on shoulder pass
(In guard)	Arms around straight legs pass
(In guard)	Pin knees to ground jump pass
(In guard)	Bent leg pin lift (to knee on stomach)
(Standing in guard)	Leg on shoulder pass

(Standing in guard)	Knee and elbow drag (to knee on stomach)
(Standing in guard)	Drop knees and pass opposite
(In guard)	Sit to ankle/knee lock
(Standing in guard)	Leg juji gatame

Side pin

(Side pin)	Paintbrush armbar
(Side pin)	Reverse paintbrush
(Side pin)	Reverse kata gatame
(Side pin)	Guillotine choke
(Side pin)	Kimura
(Side pin)	Switch base mount
(Side pin)	Turtle knee at hip (to mount)

Side pinned

Both arms far	Knee at hip (to guard)
Both arms far	Bridge and slide turn to knees
Hand at hip	Turn to knees leg tackle (to side pin)
Hand at hip	Kami shiho back roll (to rear mount)
Mounting high	Leg switch (to half guard)

Knee on stomach (top)

(Knee on stomach)	Slide to mount
Straight arm	Spin to juji gatame
Hand on knee	Arm grab far juji gatame
(Knee on stomach)	Spin choke
Hand on knee	Sit with elbow and collar reverse paintbrush
Hand on knee	Sit straight armbar
Hand on knee	Sit paintbrush
Hand on knee	Sit sideways juji gatame

Knee on stomach (bottom)

Mount attempt	Hand on knee
(Knee on stomach)	Secure leg and force back roll
(Knee on stomach)	Bridge

Mount

Counters		
Attempted bridge	Spread base	
Attempted elbow escape	Tight base with leg hooks	
Attempted elbow escape	Side mount (knee and foot)	
Pushing shoulders	Swim arms to inside	
Pushing knees	Lift their hands	
Attacks		
(Mount)	Punches and elbows	
(Mount)	Paintbrush armbar	
Straight push/choke	Spin to juji gatame	

Mounted

Punch	Bridge
Choke	Bridge (to guard)
Arms pinned	Bridge escape (to back)
(Mounted)	Elbow escape (to guard)
High mount	Bench press ankle lock
Juji gatame	Back roll (to guard)

Rear mount

Attempted turtle	Leg hooks
(Rear mount)	Rear choke

Last updated: Sun Oct 27 12:00:10 2002 <u>About this site</u>